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Posted on 17 September 2012  
*by ewfood*

## Cheese Souffle



## Ingredients

2oz. butter  
1oz. flour  
8fl oz. milk  
2oz. grated cheese  
1 egg, separated  
Salt and pepper to taste

### Cooking Time

40  
min

## Preparation

- 1 Pre heat the oven to 200°C
- 2 In a saucepan melt the butter, remove from the stove and slowly add the flour. Stir it in well. Return to the stove for a couple of minutes until incorporated. Stir continuously
- 3 Remove the saucepan from the stove and slowly add in the milk stirring well. Return to the stove and bring the mixture to boil stirring continuously until it thickens
- 4 Cool slightly and add the cheese, egg yolk and seasoning. Mix it in well
- 5 Beat the egg white until stiff and gently fold it into the mixture
- 6 Pour into a greased pie dish or a soufflé dish
- 7 Bake for 30 minutes and serve immediately.

## Cooks Note

Preparation time: 5 minutes; Cooking time: 40 minutes

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